

SHELL FISH

A New Department

To our already large and complete stock of groceries we have added a **SHELL FISH COUNTER** upon which will be found fresh Crabs, Clams, Crawfish, and Eastern Oysters. In fact all that should be found in an up-to-date Shell Fish market.

J. W. WHITE, GROCER
Prompt Delivery. Phone Main 42

GRAND Mask Ball

Of 1906
Friday Evening, November 16
IN THE
COMMERCIAL CLUB HALL
LA GRANDE, OREGON

SPECIAL ORCHESTRA FOR THE OCCASION
Everyone Wearing a Mask Must be Identified at the Door.
No Dancing Without Masks Until After 10:30 P. M.
Music at 9 P. M. Promptly Masks Raised at 10:30 P. M.
TICKETS, \$1.00. SPECTATORS, 25c
LADY DANCERS ADMITTED FREE
PRIZES FOR THE BEST SUSTAINED CHARACTERS, LADY AND GENTLEMAN
YOU ARE CORDIALLY INVITED

Pride of Grande Ronde

The product of the Imbler flouring mill situated in the very heart of the best wheat land in Grande Ronde valley, consequently the best flour. A trial will convince you of its superiority.

Insist on having your order filled with this brand or the "Patent" from this same mill.

For sale by all first class dealers. Don't submit to any substitution.

Pride of Grande Ronde

SPECIAL RATES TO KANSAS CITY

The O. R. & N. Co. announces a special rate of \$52.50 from La Grande to Kansas City, Mo. Tickets on sale November 14 and 15. Tickets will be good going ten days and final return thirty days. This special rate is made in order that those who desire to attend the seventeenth annual convention of the Trans-Mississippi Commercial Congress may do so.

NOW IS THE TIME

To buy your breeding stock we have a few choice Cockerels of White and Brown Leghorns and Orpingtons left yet, bred and raised on the largest poultry farm in North East Oregon known as Orchard Grove Poultry farm.

L. P. Day, Prop.,
R. F. D. No. 1, La Grande, Oregon



LINES

Traversing

17 States and Territories
The Richest Under the Sun

Rock Island - Frisco Lines completely gridiron the great Middle West and Southwest.

From the Rocky Mountains and the Rio Grande to the Great Lakes and the Mississippi Valley —
From Minnesota to the Gulf of Mexico.

If you are going anywhere in this great land of activity, let me tell you about our service to it, and through it to the East.

General Agent,
Rock Island-Frisco Lines,
140 Third St., PORTLAND, ORE.

BODY OSTEOPATHICALLY REGARDED

Telling Of The Human Structure As Viewed From The Standpoint Of The Most Advanced School Of Healing - With A Foreword On The History Of The Science

After anatomy and physiology had assumed the role of sciences and osteopathy had become possible, it remained for Andrew Taylor Still to throw off allegiance to the old beliefs, and to establish a real system of physiological therapeutics and a school to promulgate his teachings. The first class to graduate regularly from this school received their diplomas in 1894, while today, but 12 years afterward, there are several thoroughly equipped colleges and some four thousand practitioners in the United States, while some are carrying the gospel of health to other countries.

The Bones And Ligaments

The bony system, a model of architectural perfection, combining through the greatest possible strength with the least weight, consists of, first, the skull or brain case, complete except for the foramina or openings thru which pass the nerves and vessels and the spinal cord; second, the spine, flexible and elastic, yet rigid enough to support the head and body, and more than that, containing a large canal in which is the important extension of the brain, called the spinal cord. This spine is made up of a large number of irregular bones, between which are the openings transmitting nearly all the nerves to the body, as well as the blood, which passes inward to nourish the cord. These bones, like all other joints of the body are held together by strong, inelastic bands, called ligaments (ligo, bind), but which are loose enough to allow the varied motions of the body. These bones may become sufficiently twisted or turned upon each other to cause pressure upon the nerves or vessels which pass between them, or as a whole, the spine may become bent in any direction, causing the different varieties of spinal curvature, which must be cured, if cured at all, by some such mechanical method as osteopathy; third, the thorax. The spine, together with the ribs and breast-bone, from the chest, a bony case, tho not as complete as the skull, for the protection of the vital organs, the heart and lungs.

The ribs are attached just at the openings in the spine, and a slight turn in their direction may compress the nerves and vessels passing thru these openings. The ribs and breast bone may be dropped or sagged, producing the hollow chest, which predisposes to consumption, and which osteopathy can always correct if taken before actual disease has begun. Other parts of the bony system are the bones which comprise the pelvis and the bones of the extremities, which act as supports and levers, all being subject to slight displacements, which are not recognized surgically, but which by irritation and pressure set up a great variety of diseases. So-called sprains of the ankle, wrist, etc., are more frequently slight dislocations of the small bones, which osteopathy may relieve in from one to three treatments, instead of requiring weeks and months of rest as usually prescribed.

Muscles And Their Work

The muscles are a group of organs which possess the remarkable property of contractility in response to nervous stimuli. On them depend all the grosser and many of the finer movements of the body. In health these muscles have a slight tension, or normal tenacity. This may be exaggerated to a chronic contraction by the increased excitability of a or a group of nerves, and they may therefore either exert pressure themselves upon vessels and nerves and other structures, or by their continuous traction upon the bones to which they are attached, may draw these out of their normal relation, bringing the hard, bony substance in contact with the more sensitive structures. The muscles most prone to this chronic contraction are the small muscles which control the complex motions of the spine. These draw the ends of the ribs or other structures across the openings from which the nerves emerge from a cord. A leading feature in osteopathic treatment is the relaxation of these muscles, so affording another reason why the osteopath pays so much attention to the spine. La Grippe is noted for causing such tearing and drawing pains in every muscle of the body and the chronic muscular contractions which it leaves behind account for the great number and variety of after effects which are so notable.

The Circulatory System

"The blood is the life," as quoted from our earliest literature, and we need hardly suggest the importance of proper circulation, one of the principal aims of osteopathic work, yet the fact that the blood circulates at all was not known until three centuries ago, and seemingly very little use was made of the discovery

before the time of osteopathy. The circulatory system consists of the heart, the tireless blood pump, the arteries which carry the blood to the system and to the lungs, the veins which return the used-up blood to the heart, and the small capillaries that connect them. How many times do we find an area of the body starving for blood, and, as a consequence, diseased and this from some simple obstruction to

its blood supply; or, on the other hand, congested and inflamed because the blood cannot return properly thru the veins. Neither bone, ligament, muscle or any other tissue can live without it.

Osteopathy does more, however, than simply remove obstructions to the flow. It controls the size of the blood vessel thru the vaso-motor nerves, and relieves anaemia or bloodlessness of a part by

direct stimulation to that part, and just as surely relieves congestion and inflammation by stimulating the flow from the part.

Whenever you have any sympathy to bestow, direct it towards the young woman who never used Hollister's Rocky Mountain Tea or Tablets, 35 cents.—Newlin Drug Co.

Best Offer TO THE PUBLIC Ever Made

WHAT IS IT ?

\$1,500 House
That is to be Had
For \$200.00

HOW ?

Call at Our Office and let Us give You Full Information.

Never will you have such an Opportunity Offered You

Call at Once

LA GRANDE INVESTMENT CO.
Foley Hotel Building La Grande, Ore.

PUBLIC SALE

Joint Sale by Mrs. Eva Boddy and J. V. Martin.

Held at Mrs. Boddy's Farm in Ladd Canyon

TUESDAY, NOVEMBER 20

Sale starts at 10 a. m. Free lunch at 1 p. m.

- 7 Head work horses
- 20 " brood mares
- 6 geldings
- 2 yearling mules
- 2 suckling "
- 2 spotted Shetland ponies
- 3 milch cows
- 1 choice fresh milch cow
- 6 doz. Plymouthrock chickens
- 1 thoroughbred yearling Jersey bull
- 1 full blood Shorthorn bull

- 1 half truck wagon
- 1 light spring wagon
- 1 light wagon
- 1 top buggy
- 1 set " harness
- 1 set hack "
- 2 " work "
- 6 tons hay
- 1 cream separator
- 1 good hack
- Canned fruit

All kinds of Farm Implements and Household Goods too numerous to mention

TERMS—All sums under \$10, cash. Over \$10, a credit of 12 months will be given upon approved note at 10 per cent interest per annum.